Mayo Clinic Minute

What Women Need to Know About Stroke

Video	Audio
	Women, even young women, listen up and learn about your risk of stroke.
	"Risk factors for women are essentially the same as they are for men."
	But there are differences, particularly for pregnant women and women on the pill, because they have an increased risk of stroke.
Maisha Robinson, M.D. **Neurology** **Mayo Clinic**	"Sometimes, particularly in younger women, the stroke symptoms are not recognized as quickly as we would hope that they would be."
To graphics: **Stroke symptoms** • **Difficulty talking, walking thinking** • **Sudden vision changes** • **Sudden, severe headache** • **Numbness, paralysis** **Prevent stroke** • **Blood pressure** • **Cholesterol** • **Diabetes** • **Weight and inactivity**	Mayo Clinic neurologist Dr. Maisha Robinson says prompt treatment of symptoms improves your chances of recovery. Symptoms include difficulty talking, walking or thinking, sudden vision changes, sudden, severe headache or numbness or paralysis. If symptoms happen, call 911, no matter how old you are. And to prevent stroke, manage health issues that increase your risk: high blood pressure, high cholesterol, diabetes, excess weight and inactivity. And if you smoke, stop. For the Mayo Clinic News Network, I'm DeeDee Stiepan.